

Y.W.C.A.

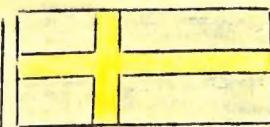
"FESTIVAL of NATIONS"

COOK BOOK

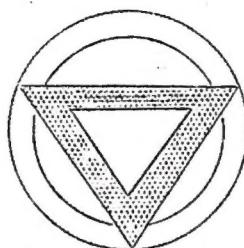
World Fellowship Committee

Alton, Illinois

1964



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WORLD YWCA

The YWCA is at work in 75 countries around the world. Through the Mutual Service Program of the World YWCA, the Associations in the U.S.A. carry responsibility for contributions which help special work in about 30 of these countries.

The proceeds from the Festival of Nations of the Alton YWCA help make possible Advisory Service, program grants and training of personnel. This is one way the membership is able to help carry the YWCA to other places.

KOLACKY (pronounced k0-lotch'-kee)

1 pkg. dry yeast or 1 cake compressed
 $\frac{1}{4}$ cup warm water
 $\frac{3}{4}$ cup milk, scalded
3 Tb. shortening
3 Tb. sugar
 $1\frac{1}{2}$ tsp. salt
1 beaten egg
3 cups sifted flour

Apricot or prune filling (or jam)

1 cup confectioners sugar
2 Tb. milk
 $\frac{1}{4}$ tsp. vanilla

Softens yeast in water. Combine milk, shortening, sugar and salt. Cool to luke-warm. Stir in egg. Add about half the flour, beating until smooth. Stir in remaining flour. Cover and chill for about 2 hours. Roll out dough on floured surface to $\frac{1}{2}$ inch thickness. Cut into rounds with $2\frac{1}{2}$ -inch cutter. Place on greased baking sheets. Let rise until almost double in bulk, about one hour. Carefully press indentation in center of each roll. Place tsp. of apricot or prune filling (jam may be used) in each. Bake in moderate oven at 350° 15-20 minutes. Combine remaining ingredients. Brush over warm kolacky. Yields about 1 dozen.

-old Chek favorite

JAPANESE CHESTNUT CHICKEN RICE (serves 4)

2 cups rice (cooked)
7 Chinese chestnuts shelled and quartered
1 tsp. salt
1 chopped chicken thigh
2½ cups water

Mix thoroughly. Cook about 5 min. on high heat; after bubbles appear, cook 10 min. on low heat. Let set for 3 min. Serve warm.

Mrs. Merle McReney

JAPANESE CHAWAN MUSHI (serves 4)

1 Qt. chicken soup
1 cup chopped white chicken meat
½ cup cooked green peas
1 Tb. sugar
1 tsp. salt
1 Tb. Soy sauce
⅛ tsp. pepper
⅓ tsp. Accent.

Mix thoroughly. Add 2 well beaten eggs. Dip into individual cups, cover with Saran Wrap and steam cook over hot water for 25 min. Serve hot in same cups.

Mrs. Merle McReney

JAPANESE TEMPURA

Batter:

~~X~~ 1 egg
½ cup ice-cold water
¾ cup sifted flour

Stir, but do not beat, egg. Add water, then flour. Stir only once or twice. Don't worry if there are flour "balls" while you mix ingredients.

Prepare batter just before frying. Batter must be ice cold when foods are dipped into it.

Almost any food can be fried, especially seafoods, onions, and nearly all other vegetables. Cut food to be fried into bite-sized pieces.

Dip food into batter and gently drop into oil and fry until lightly browned.

Oil must be heated to 380°. Serve hot.

Mrs. Aiko Kinjo Perry

SWEDISH BALLS

$\frac{1}{2}$ lb. butter or margarine
 $\frac{1}{4}$ cup sugar
 $\frac{1}{2}$ tsp. vanilla
1 egg yolk
 $2\frac{1}{4}$ cups flour
 $\frac{1}{2}$ tsp. salt
1 cup chopped nuts

Cream butter - add sugar and other ingredients in order listed. Shape into balls. Dip into egg white and roll in nuts.

In center of dough make small depression with thimble and drop tart jelly into hole.

Bake in 350° oven until delicately brown, about 15 min.

Roll in powdered sugar while warm.

Makes 5 - 6 dozen.

Rita Ledingham

NUT BREAD from NORWAY

1 c. white flour	$\frac{3}{4}$ c. chopped dates
1 c. whole wheat flour	
1 tsp. soda	1 egg, well beaten
1 tsp. salt	1 c. buttermilk
$\frac{1}{2}$ c. chopped nuts	2 Tb. melted shortening

Sift together flour, soda, and salt. Add nuts and chopped dates. Combine egg, buttermilk, and shortening and add to the dry ingredients.

Turn into 3 No. 2 size greased cans. Bake at 375° for 45 min. to 1 hr. Turn tins on their sides for last 15 min. To remove from tin, cut out the bottom with a can opener. Yields 3 loaves.

Helen Hauversburk

NETHERLANDS DUTCH APPLE CAKE

Batter:

$\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup butter or margarine
3 eggs
grated lemon rind
 $1\frac{1}{2}$ cup flour
 $1\frac{1}{2}$ tsp. baking powder

Filling:

$\frac{1}{3}$ cup brown sugar
 $\frac{1}{2}$ tsp. cinnamon
5 medium-sized apples

Peel, core, and slice apples and sprinkle with mixture of the brown sugar and cinnamon.

Cream butter and sugar; add unbeaten eggs one at a time, stirring well after each; add lemon rind; add sifted flour and baking powder, a little at a time, folding in carefully. This makes a very thick batter.

Spread half of batter in an 8 in. square greased baking dish; cover with about half of the sliced apples; spread on remaining half of batter; arrange balance of apple slices on pattern on top.

Bake 1 hour at 325°

Yields 12 servings.

Helen Hauversburk

SCALLOPS A LA NEWBURG (French)

1 pint scallops
3 Tb. butter
1 tsp. lemon juice
1 Tb. flour
1 c. half /half (cream & milk), scalded
2 egg yolks
2 Tb. Sherry
salt and cayenne

Wipe scallops with a damp cloth and cook
in a covered heavy skillet for 5 min.
Drain.

Cut in halves, cook in 2 Tb. of butter
for 3 min.

Add lemon juice and cook for 1 min.

Melt remaining butter, blend in the
flour and slowly add the hot milk. Bring
to boiling point, stirring constantly.
Pour over slightly beaten egg yolks.

Add scallops and Sherry. Season to
taste. Serves 6

Clair Gratian

JAPANESE SPARE - RIBS

2 sides barbecue spareribs (3 lbs.)
½ cup soy sauce
¼ cup brown sugar
2 small cloves garlic, crushed
1 Tb. powdered ginger
1 Tb. monosodium glutamate
¼ cup dry white wine
5 Tb. sesame seeds

Have ribs cracked. Place ribs in large roaster where they can lie flat and add just enough water to cover. Cover pan and simmer for 40 min. Remove meat, cool and cut along ribs into serving pieces.

Place ribs in bowl and pour remaining ingredients (which have been mixed together) over them. Marinate for about 2 hours, turning ribs occasionally.

Remove ribs from marinade and place on a rack in a broiler pan. Broil, using the lowest rack in the broiler until ribs are browned, about 7 - 10 min. Baste frequently with marinade. Turn ribs and continue to broil and baste another 7 - 10 min. Watch carefully. The sesame seeds have a tendency to clump together in the marinade. Before broiling, separate them with a fork and sprinkle over the ribs. Makes 4 servings.

Rita Ledingham

BAVARIAN RINDSBRATEN (Beef roast)

Brown 3 to 4 lb. beef roast with onion and salt in hot shortening to a good color brown. Add 1 Tb. lemon juice, 1 bayleaf, 1 whole clove, 1 tsp. sugar and $\frac{1}{2}$ c. sour cream; add meatbroth or water. Cook 2 hours on top of stove or bake in oven at 350° . To make gravy, stir and mix $\frac{3}{4}$ c. flour in water to a smooth paste. Pour it on the meat $\frac{1}{2}$ hr. before serving.

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Mrs. M. Hiendlmayr

BAVARIAN LEBER KNODEL (Liver dumpling) (for soup)

1 lb. liver-beef or calf
6-8 slices of bread
 $1\frac{1}{2}$ cup milk
1 chopped onion
2 Tb. butter
2 eggs
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. lemon extract
 $\frac{1}{8}$ tsp. all-spice
1 cup flour

Heat milk and pour over bread.

Grind liver and pour with all other ingredients over the soaked bread. Mix well with spoon and add flour.

Drop this batter from spoon into boiling salt-water. Boil for 15 min.

Mrs. M. Hiendlmayr

SPANISH MEAT BALLS

Grind together three times..1 lb. round steak
 ½ lb. lean pork
 ½ lb. lean veal

Saute' in heavy skillet
and mix with meat..... ½ cup chopped onions

Add..... ½ cup bread crumbs
 2 cups milk
 2 egg yolks
 1 egg white

Season with..... salt and pepper

Blend thoroughly and refrigerate for one hour. Form into small balls; fry in deep fat, browning on all sides. Serve with sour cream sauce.

To juice left in pan, add
and stir until smooth....1 Tb. flour

Add..... 1 cup sour cream

Cook over low heat. Do not boil. Dip meat balls into sour cream.

Clair Gratian

FRENCH POULET SAUTE' CHASSEUR
(Sauteed chicken)

Serves 4

2½ - 3 lb. chicken, in pieces
2 Tb. salad oil
¼ lb. fresh mushrooms, sliced
1 Tb. shallots (Substitute: rub white part
of scallion with cut clove of garlic)
2 Tb. butter
1 Tb. flour
¼ c. white wine
¾ c. cooked or canned tomatoes
1 tsp. finely mixed herbs - (tarragon,
parsley)

Prepare chicken for sauteing. Heat salad oil and arrange pieces skin side down in it. Cook chicken until it is brown on both sides. Add mushrooms and cook until they are tender. Remove chicken and drain off excess oil from pan, but leave mushrooms. Add 2 Tb. butter and when melted add chopped shallots and flour. Cook, stirring until flour is light brown. Add white wine and continue to cook until wine is reduced to half. Stir in cooked tomatoes and cook about 5 min. Return chicken to sauce and simmer 15 or 20 min. longer or until chicken is tender. Arrange chicken on a serving dish. Correct the seasoning of the sauce with salt and add the herb seasoning. Pour sauce over chicken.

Margaret Boals

RUSSIAN CHEESE PASTRIES (Vatrushkies)

2 cups sifted flour	2 Tb. melted butter
$\frac{1}{2}$ lb. salt butter	$\frac{1}{2}$ tsp. salt
1 lb. cream cheese	1 tsp. sugar
2 eggs	1 egg yolk, beaten
1 cup plus 2 Tb. sour cream	

Sift the flour into a bowl. Cut the butter into the flour with a pastry blender or two knives. Add 2 Tb. of the sour cream and mix together into a ball. Wrap in wax paper and place in the refrigerator overnight, or at least for 2 hours.

Cream the cheese until soft, add the eggs, and beat together until light and fluffy. Add the remaining sour cream, the melted butter, salt, and sugar. Mix well. Preheat oven to 375°. Roll out the dough $\frac{1}{8}$ inch thick on a lightly floured surface. Cut out 3-inch circles. Place 2 tsp. of the cheese mixture in the center of each circle of dough. Pinch the sides together but do not pinch the dough together in the center; the effect should be that of a cup. Brush each piece of pastry with the beaten egg yolk. Place on a baking sheet. Bake in a 375° oven for 20 min. or until delicately browned.

Makes 25-30

Mrs. C.M. Stuchlik

X

ITALIAN SALSA DI POMODORO (tomato sauce)

2 Tb. olive oil	1 tsp. salt
1 minced clove garlic	- 1/8 tsp. pepper
1/2 cup chopped onion	1/4 tsp. oregano
1 lb. ground beef	1/2 cup coffee
10 1/2 oz. can tomato soup	- 1/2 cup water
12 oz. tomato paste	
4 oz. can chopped mushroom (drained)	
grated Parmesan or Romano cheese	

X

Heat oil in large skillet; add and cook garlic and onion until lightly browned. Add beef and cook over medium heat until browned. Slowly stir in tomato soup, tomato paste, coffee, salt and pepper. Simmer over very low heat, stirring occasionally, about 30 min., or until thickened. Stir in mushrooms, oregano, water. Serve over cooked spaghetti. Sprinkle with grated cheese.

Phyllis Titus

ORIENTAL BREADED PORK

4 thick pork chops
2 c. raw cabbage, shredded thin
½ c. bread crumbs
1 egg

¶ Cut pork into approximately 1 in. squares. Dip the cut pork into raw egg, then cover with bread crumbs. Fry the breaded pork squares in deep, hot oil until golden brown (about 6 min.).

Serve with boiled rice and siding of fresh thinly shredded cabbage. Pass soy sauce.
(Serves 4)

Mrs. Donald Duncan

MAKSALAATIKKO (Liver Casserole) a well-known dish from Finland

1 c. rice	¼ c. Karo syrup
1 c. boiling water	1 Tb. salt
1 qt. boiling milk	1/8tsp. pepper
2 Tb. butter	1/4 tsp. marjoram
1 onion, chopped fine	3/4 c. raisins (rinsed)
1 beaten egg	1 lb. ground beef liver - raw

Cook rice in boiling water 4 min. and then add milk and steam over low heat 40 min. Brown onion in butter. Cool rice (it is the consistency of porridge) before combining with onion, egg, seasonings, syrup, raisins and liver. Place in buttered casserole and bake uncovered at 400° for about 1 hour. Serve with cranberries.

Mary Lou Frost

ITALIAN MINESTRONE (soup)

1 1/4 c. (1/2 lb.) navy beans	
1/4 lb. salt pork	1 Tb. chopped parsley
3 Tb. olive oil	1/2 tsp. salt
1 small onion	1/4 tsp. pepper
1 clove garlic	1 qt. hot water
2 stalks celery	1/4 c. packaged pre-
2 small carrots	cooked rice
1 medium-size potato	
1/4 head cabbage	1/2 c. frozen peas
	1/4 c. tomato paste
	grated Parmesan
	cheese

Slowly add beans to 6 c. boiling water so the boiling does not stop. Simmer 2 min. and remove from heat. Set aside to soak 1 hr. Add salt pork to beans and simmer 1 hr. Heat onion and garlic in olive oil in skillet until lightly browned. Cut celery and carrots into $\frac{1}{2}$ in slices; dice potato and shred cabbage. Add all vegetables, onion-garlic mixture, seasonings and parsley plus 1 qt. hot water to beans. Simmer about 1 hr., or until beans are tender.

Meanwhile, cook rice. About 10 min. before beans are done, add the cooked rice and frozen peas. When peas are tender, stir in tomato paste and simmer about 5 min. Serve sprinkled with cheese. Serves 6.

Phyllis Titus

STUFFED PORK CHOPS RYSAVY (French)

6 large pork chops, 1½ in. thick
2 stalks celery, chopped fine
1 medium-size onion chopped
1 stick butter
1 lb. fresh mushrooms, chopped
1 clove garlic, crushed
1 tsp. salt
pepper to taste
½ cup chicken consomme'
2 Tb. bread crumbs
1 more medium-size onion, chopped
½ cup white Bordeaux
½ cup more chicken consomme'
½ Tb. flour
½ cup cream
chopped chives if desired

The six pork chops will serve six people. Slit them horizontally to the bone to make a pocket for the stuffing. For stuffing use the celery, the one onion sauteed in the butter, the mushrooms, garlic, salt, pepper and the first ½ cup consomme'.

Cook the stuffing until the liquid is almost gone - about 15 min. Then let it cool slightly, add the bread crumbs and mix thoroughly. Stuff the chops and close the slits with toothpicks so that the stuffing does not run out.

Then roll the chops in flour, brown quickly in butter in which you have sauteed the other onion, add the white Bordeaux and second ½ c. of consomme'. Let the chops simmer 1 hr. Then remove the chops and add the flour and cream stirring constantly until thick.

Clair Gratian

BAVARIAN DAUERGEBACK (Round Cake)

8 eggs	-	2 c. flour (all purpose)
1 c. sugar	-	½ lb. butter
1 tsp. salt	-	½ tsp. lemon extract

Beat egg-yolks with sugar until foamy. Pour salt, lemon extract and the melted butter with the flour into the mixture; Combine with the beaten egg-whites. Bake 1 hr. in greased and floured loaf pan at 350°. When cool, dust with powdered sugar or top with white or chocolate glaze.

Mrs. M. Hiendlmayr

POLISH MAZURKI (Fruit Bars)

1 c. each dried currants, raisins, chopped blanched almonds, chopped walnuts, dried apricots.
1 c. thick jam, raspberry or strawberry
2 eggs unbeaten
1 tsp. vanilla
2 c. sifted all-purpose flour

Wash and dry the fruits; put the apricots through the food chopper. Mix all ingredients, except flour, until well blended. Sprinkle the flour over the mixture and again mix. Spread in a buttered shallow pan (11"x15") to depth of ½ inches. Bake at 300° about 35 min. Remove from oven, cut into diamond shapes and return pan to oven for 5 min. to dry out cut edges. Remove to a wire cake rack to cool. Yields 7 servings.

Helen Hauversburk

RUSSIAN WALNUT CAKE (Mazourka)

9 egg yolks	1 lb. walnuts, ground
2 c. sugar	$\frac{1}{2}$ lb. candied fruit peel,
9 egg whites	ground
3 c. flour	2 Tb. lemon juice

Beat the yolks in a bowl; add the sugar and beat well. Beat the whites in a separate bowl until stiff but not dry and fold into the yolk mixture carefully. Add the flour, walnuts, candied fruit, and lemon juice, mixing lightly. Preheat oven to 325°. Butter a flat pan, 8x12 inches and dust lightly with flour. Pour the mixture into it. Bake for 30 min. a cake tester comes out clean. Dust with powdered sugar. The resulting cake will be about 1 inch high and should be served in long, thin slices.

Mrs. C.M. Stuchlik

SWISS NOODLES

Cook 1 package (8 oz.) medium-wide noodles by package directions and drain.

Crush enough Swiss cheese and ham-flavored crackers to make $\frac{1}{2}$ cup; stir into noodles with 2 c. dairy sour cream

$\frac{1}{2}$ tsp. caraway seed

$\frac{1}{4}$ tsp. paprika

(Makes 6 servings.)

Rita Ledingham

ORIENTAL FRIED RICE

1 egg
2 Tb. butter
1 Tb. soy sauce
2 c. cooked rice
1 cup chopped onion
 $\frac{1}{2}$ c. shrimp, crab, bacon, boiled ham,
cooked pork, or diced weiners
 $\frac{1}{2}$ cup fresh-cooked green peas

Scramble egg in butter. Add all ingredients except soy sauce. Mix.

Cook 4-5 min., stirring gently, adding soy sauce. Cook 2 additional min. All cooking over low heat. Serves 4

Mrs. Donald Duncan

GERMAN SCHNITZEL BEANS

4 slices bacon or $\frac{1}{4}$ lb. cubed ham
3 medium-sized onions, sliced
1 qt. string beans (raw)
2 c. tomatoes (cooked or canned)
1 tsp. salt
 $\frac{1}{4}$ tsp. pepper
 $\frac{1}{3}$ cup boiling water

Dice bacon or ham and fry until crisp; add sliced onions and fry until light brown. Add beans that have been cut into small pieces and brown slightly. Add tomatoes, seasoning and boiling water. Cover and cook until beans are tender. Serves 6

Margaret Boals

EAST INDIAN KHICHADI

1 cup rice
½ cup green or yellow split peas
2 sticks cinnamon
10 whole cloves
¾ tsp. salt
3½ cups water
½ tsp. turmeric powder

Make 1 in. pieces of cinnamon sticks. Add above ingredients and cook as you would any rice. Add ½ stick of butter when almost done. Keep on very low heat after adding butter. Serve hot.

Pushpa Gopalan

EAST INDIAN SHEERO

1 c. cream of wheat	1 c. water
1 stick unsalted butter	1 c. sugar
1 c. milk	1 tsp. cardamom
2 Tb. chopped almonds	(powder)

Brown cream of wheat in butter on low heat, stirring to prevent sticking. Add sugar, milk and water. Stir briskly and continuously over high heat until the contents are soft and well cooked and the grains are separated. Add powdered cardamom and almonds. Serve hot or cold.

Pushpa Gopalan

GREEK MELOMACARONA (Honey cakes)
(3½ doz.)

1 cup salad oil
1 cup olive oil
¼ lb. butter or margarine, melted
½ cup granulated sugar
½ cup orange juice
5 cups sifted all purpose flour
3 tsp. baking powder
¼ cup warm water
¾ cup finely chopped walnuts X
½ tsp. cinnamon
¼ tsp. ground cloves
1-1 lb. jar honey
½ cup water
½ cup finely chopped walnuts

Heat oven to 350°. With wooden spoon, in large bowl, combine salad and olive oils, butter and sugar. Stir in orange juice, then flour, until smooth. Quickly mix baking powder with ¼ cup water; stir at once into dough. Stir in ¾ cup walnuts, cinnamon, cloves.

With hands, shape dough into ovals about 3" x 1" x ½"; place on ungreased baking sheet.

Bake 20-25 min.; let stand 5 min.; then remove to wire rack; cool. Meanwhile, warm honey mixed with ½ cup water. Dip cooled cakes into honey 1 to 2 min.; drain. Place on platter; sprinkle with ½ cup walnuts.

Margaret Boals

DANISH AEBLEKAZE (Apple cake)
(10-12 servings)

2-15 oz. jars or, no 303 cans applesauce
sugar
lemon juice (optional)
cinnamon or nutmeg
24 Zwieback (2 cups crumbs)
 $\frac{1}{4}$ cup butter or margarine
1 cup heavy cream, whipped
red jelly

To applesauce add a little sugar, lemon juice, and spice; set aside.

Heat oven to 375°. Meanwhile, with rolling pin, finely crush Zwieback. In skillet over low heat, melt butter, add crumbs and stir constantly until crumbs are just golden. Line bottom of well buttered 9" glass layer-cake pan with layer of crumbs; add layer of applesauce; repeat until all are used ending with crumb layer.

Bake 20 min. Cool and refrigerate several hours.

To serve: Drop spoonful of whipped cream around outer top edge of cake. Decorate whipped cream with bits of jelly.

Margaret Boals

SCOTTISH POTATO FRITTERS

Batter: 1 cup sifted flour. 1 egg
1/8 tsp. salt. 1/2 cup milk
mix well until smooth.

Now slice the raw potatoes $\frac{1}{4}$ to $\frac{1}{8}$ inch thick. Rinse in cold water and dry with towel. Dip potatoes into batter, then into frying fat in deep pan. Cook 10-15 min. Fritters should be golden brown and light when done. Drain well of fat and serve hot.

Mrs. Patricia Robertson

SCOTCH EGGS

For coating: 1 beaten egg and dried bread crumbs

2 hard cooked eggs (boiled)
3 oz. ground beef

Shell eggs; cover with meat; coat with egg and bread crumbs. Fry in deep fat until golden brown. Drain and cut in halves. Garnish with parsley and sliced tomatoes.

Mrs. Patricia Robertson



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